

Berry Bread Pudding

Makes: 2 servings

This no-cook variation of bread pudding, uses bread, berries, yogurt, and ti

Ingredients

- 1 1/2 cups** berries (frozen blueberries, sliced strawberries, or raspberries, thawed)
- 5 slices** whole wheat bread (crusts removed)
- 1/2 teaspoon** sugar (optional)
- vanilla yogurt (optional, low-fat)

Directions

- Combine the thawed berries and sugar (if you choose to use the sugar).
- Layer a spoonful of berries on the bottom of a small 2 cup deep dish. Cover the berries and the bottom of the dish with a layer of bread. Continue layering berries and bread until the dish is full, finishing with a layer of bread.
- Cover the dish with plastic wrap and place a plate or bowl over the top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers.
- Refrigerate overnight. Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.
- Serve with a dollop of vanilla yogurt or a sprinkle of powdered sugar.

Notes

Nutrition Information	
Nutrients	Amount
Calories	180
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	270 mg
Total Carbohydrate	34 g
Dietary Fiber	6 g
Total Sugars	9 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

In summer fresh berries can be used.

Source: University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters